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## Friday FACTS

2 July 1999

"Leadership, Partnership, and Championship"

Two cheers for democracy;  
it admits variety  
and it permits criticism.  
E.M. Forester

*HAVE A HAPPY & HEALTHY  
4TH OF JULY HOLIDAY*

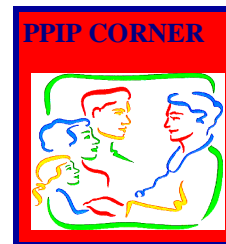
### KIDS HEALTH TIP OF THE DAY

The American Medical Association and Kids Health offers a Health Tip of the Day which is found at <http://www.kidshealth.org/index2.html>.

### PIIP DEMO SITES' LESSONS LEARNED

Check out the new "**lessons learned**" for the PPIP demo sites Naval Hospital Jacksonville, Naval Hospital Camp LeJeune, and Naval Hospital Bremerton.

**PHCA** Our new Preventive Health Care Application (PHCA) Page is UP! There's a downloadable PHCA presentation from the NMIMC PHCA Coordinator, Jim Walter, available for your use also. The **PPIP Demo Sites' "Lessons Learned"**, and the **PHCA page**, including the downloadable presentation can be found under "**PPIP**" at: <http://www-nehc.med.navy.mil/hp>.



### SHARP UPDATE

A one-hour scripted PowerPoint presentation targeting "All Hands" with basic information on HIV, STDs and contraceptive choices is now available for your use. The theme focuses on individual sexual responsibility and encourages the individual to take responsibility for their sexual behavior rather than risk unplanned consequences. This presentation is approved by NEHC to meet the requirement of SECNAV Notice 5300 requiring one hour of HIV training to all hands annually. Check it out under SHARP Presentations at: <http://www-nehc.med.navy.mil/hp>.

### SLEEP, SLEEP

The Better Sleep Council publishes The Better Sleep Guide (free brochure) which may be viewed at their website <http://www.bettersleep.org>.

The National Sleep Foundation also offers pamphlets for patients (free single copy). Their website is <http://www.sleepfoundation.org>.

The National Center on Sleep Disorders Research offers publications (one free copy) about sleep.

They may be reached at (301) 435-0199 or at <http://www.nhlbi.nih.gov/nhlbi/sleep/sleep.htm>.

### KID'S HEALTH WEB SITE

The American Medical Association has a site on Kids Health which focuses on Behavior and Emotions and includes topics on divorce, school, adjustment, and emotions. Check it out at:

[http://www.ama-assn.org/insight/h\\_focus/nemours/behavior/index.html](http://www.ama-assn.org/insight/h_focus/nemours/behavior/index.html).